

A VIEW FROM FEW

An organization for opportunity and equality for women in Government



February 2009

Space Coast Chapter, P.O. Box 21201, Kennedy Space Center, FL 32815
<http://www.ksc.nasa.gov/groups/few/>



President's Message

Marlene Satterthwaite, President

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January 2009 was such an historic month with the inauguration of the 44th president of the United States, Barack H. Obama – the first African (father from Kenya) American (mother US citizen), bi-racial president. Raised mostly by his maternal grandparents after his parents divorced and reflecting on his formative years in Honolulu, Obama wrote: "The opportunity that Hawaii offered — to experience a variety of cultures in a climate of mutual respect — became an integral part of my world view, and a basis for the values that I hold most dear." Black History boosts many names such as Harriet Tubman, Dred Scott, Rosa Parks, Jackie Robinson, Martin Luther King and Malcolm X. Locally, we are so familiar with the accomplishments of Tiger Woods and NASA astronauts, Dr. Mae Jemison and Joan Higginbotham.

The Space Coast/Brevard County History accounts for notable black legends such as Harry T. and Harriette V. Moore. Moore, a civil rights pioneer, and his wife were murdered when a bomb exploded beneath their Mims home on Christmas Day 1951. Hours earlier, they had just celebrated their 25th wedding anniversary with family. He is credited with starting the first local chapter of the NAACP. Brevard County named the Harry T and Harriette V Moore Justice Center in their memory. Additionally, the Harry T. and Harriette V. Moore Memorial Park and Cultural Center in Mims was developed to commemorate their lives and provide timelines on civil rights events.

Another Brevard County legend and well known activist and leader, Rosa L. Jones, died on December 2, 2008. A driving force, Rosa became Cocoa's first black Girl Scout leader in 1930 and served as a radio personality (1965-85) on WKKO's "Open House." She worked with Harry T. Moore to establish the first local chapter of the NAACP in 1934. While running a day care in her own home ('50-'60), she dreamed one day of opening a school where black children could receive the same first-rate education offered to the white children. Using their home as collateral, Rose and her husband opened the city's first kindergarten for black children in 1960. White children could also enroll.

A Brevard Community College executive advisor and former provost who was also a former Jones' student lauded Rosa as a mother figure, teacher and motivator whom he credits with helping him and many others succeed. Her granddaughter would call her a "living history book" in that so many churches would call on her grandmother to speak on the events of her life. Her granddaughter was so proud that her grandmother lived long enough to vote November 2008 and see her activism pay off with the election of the United States first African-American president. Next time you drive near the Rockledge/Cocoa border, notice the street that honors her name: Rosa L. Jones Drive.

FEW's Mission Statement

Federally Employed Women (FEW) is a membership organization working for the elimination of sexual harassment and the advancement of women in government. This will be accomplished by:

- Encouraging diversity and equity in the workplace
- Enhancing career opportunities for women
- Establishing and maintaining relationships with organizations to advocate the fair application of EEO and personnel laws, policies, procedures, and practices
- Improving the quality of life for women by influencing Congressional and Administration actions
- Committing to achieve and maintain a unified and diverse membership; and
- Providing opportunities for professional growth through leadership development, education, mentoring, and networking.

The FEW mission and purpose statement was revised to recognize that the mission of an organization is its driving force, and that FEW's mission needed to be consistent with the needs of federal women today on into the 21st century.

COMPLIANCE

*Submitted by Connie Dobrin
From the FEW Web Site*

FEW Disappointed in Low Compliance Rate of Federal Agencies with MD-715 Reports (Washington, D.C.) – Federally Employed Women's (FEW) National President Sue Webster expressed disappointment with the low compliance level from federal agencies with respect to meeting their reporting requirements under Management Directive 715 (MD-715). This Directive requires agencies to take appropriate steps to ensure that all employment decisions are free from discrimination. "These reporting requirements are an important indication of how well agencies are achieving equal employment for all federal workers," Webster stated. "With only half of the agencies submitting reports, the public, federal workers and potential applicants have no way of knowing which agencies are working the hardest to ensure the employment and

advancement of women and minorities," Webster advised.

According to the most recent data available from the Equal Employment Opportunity Commission's (EEOC) "Annual Report on the Federal Work Force," only 50% or 84 of the 167 federal agencies and subcomponents submitted timely MD-715 reports in fiscal year 2006, down from the 68% that submitted them on time in fiscal year 2005. According to the EEOC publication, "MD-715 reports provide information on an agency's progress in achieving the model Equal Employment Opportunity (EEO) program elements and eliminating barriers" (<http://eeoc.gov/federal/fsp2007/index.html#IF2>).

"We are very concerned about the significant decrease in compliance and this increases our concern about the viability and enforcement of the Federal Women's Program (FWP) in federal agencies," added FEW Vice President for Compliance Michelle Crockett. Office of Personnel Management (OPM) regulations implementing Public Law 92-261 (The EEO Act of 1972) requires that each federal agency designate an FWP Manager to advise the Director of EEO on matters affecting the employment and advancement of women. MD-715 provides the reporting requirements for this program. The rules also require that federal agencies allocate sufficient resources for FWPs. FEW is committed to working with agencies to strengthen the Federal Women's Program. FEW has pledged to work with the Obama Administration and congressional leaders to ensure that FWP managers in every federal agency are named and receive adequate support to perform their important role of improving the status of women in the federal government through education, counseling members and agency employees and by providing management officials with information on workforce trends. "While we realize that there are many other items on the priority list for the new Administration, we want to make sure that laws already on the books are enforced and that women – who still earn only about 76 cents on the dollar compared to that of their male counterparts and the percentage is even lower for minorities – are able to obtain the counseling needed to move up the career ladder in the federal workforce" asserted

Janet Kopenhaver, FEW's Washington Representative. FEW is a private, non-profit organization founded in 1968 after Executive Order 11375 was issued that added sex discrimination to the list of prohibited discrimination in the federal government. FEW has grown into a proactive organization serving more than one million federally employed women – both in the military and civilian workforce. For more information, visit www.few.org.

LEGISLATION

Submitted by Cindy Gooden

The website:

<http://www.whitehouse.gov/agenda/women>

is the White House Agenda on Women which can be viewed by Ctrl / Enter. Other sites are available - for those interested. For example:

Fighting for Pay Equity: Despite decades of progress, women still make only 77 cents for every dollar a man makes. Throughout their careers, President Obama and Vice President Biden have championed the right of women to receive equal pay for equal work. In the Illinois State Senate, President Obama cosponsored and voted for the Illinois Equal Pay Act, which provided 330,000 more women protection from pay discrimination. In the U.S. Senate, Obama joined a bipartisan group of Senators to introduce the Fair Pay Restoration Act, a bill to overturn the Supreme Court's recent 5-4 decision in Ledbetter v. Goodyear Tire & Rubber Company. The bill will restore the clear intent of Congress that workers must have a reasonable time to file a pay discrimination claim after they become victims of discriminatory compensation. The President was also a cosponsor of Senator Tom Harkin's (D-IA) Fair Pay Act, and President Obama will continue to promote paycheck equity and close the wage gap between men and women.

A MESSAGE FROM CECELIA DAVIS

National Vice President for Congressional Relations

Hello Members,

The 111th Congress has really been focused on introducing and passing bills that address issues important to Federally Employed Women. I want to share with you news that President Obama signed this morning the Lilly Ledbetter Fair Pay Act of 2009. This law expands the time frame in which workers can sue for discrimination they have experienced based on gender, race, national origin or religion.

This legislation is named for Lilly Ledbetter who after years as a manager for Goodyear Tire and Rubber discovered she was being paid less than her male counterparts. She filed suit and won a jury verdict in 2003. But the lawsuit was deemed invalid, because it wasn't filed within six months of when the discrimination began (which was unknown to her).

She is now 70 years old and was present in the East Room (escorted by President Obama) for the signing ceremony. This is a great victory!!!!

Thanks,

Cecelia

2009 National African American/Black History Month

Cathy Fletcher, FEW National Vice President for Diversity

The African-American/Black History Month begins February 1, 2009. "Artist Hubert Sam created this years image which depicts the National Theme for Black History Month 2009 "Quest for Black Citizenship In The Americas. African Americans were denied true citizenship following the Emancipation Act. Two generations later The NAACP was formed to create and maintain equal citizenship for all Americans. Please click on the following Web Site to view/obtain a copy of this years image which depicts the National Theme for Black History Month

2009:
www.oneamerica.net<<http://www.oneamerica.net>>

As of today, the Presidential 2008 Proclamation has not been issued and posted on the White House's website -- I encourage you to read and distribute this Proclamation as you deem appropriate when it becomes available.

The African-American/Black History Month is celebrated every year from February 1-28/29, and was established under the following authority:

Authority: First Presidential Proclamation, February 1976

* The first ethnic observance was the brainchild of Carter G. Woodson, a noted African-American author and scholar.

* He established Negro History Week in 1926.

* The week evolved into a month-long celebration in 1976 and is observed every February.

I encourage everyone to please take advantage of events you find in your local area to commemorate this Celebration. Please read the information and visit the Web Sites/Related Links below, and distribute as you deem appropriate.

AN OPEN INVITATION January 13, 2009

The Association for the Study of African American Life and History (ASALH) has selected Quest for Black Citizenship in the Americas as the theme for Black History Month 2009. This is an invitation to all colleges, schools, community organizations, churches, Black business entrepreneurs and other organizations to participate in this celebration. We welcome and invite you to participate in the Sankofa Day as a part of the 2009 Black History Month Celebration at Harry T. and Harriette V. Moore Memorial Park, Saturday, February 28, 2009! "Sankofa" is expressed as a mythic bird that flies forward while looking backward with an

egg (symbolizing the future) in its mouth. Literally translated it means "it is not taboo to go back and fetch what you forgot."

We welcome multi-ethnic artists, entertainers, speakers, choirs, singers, musicians, schools and poets to perform as well as vendors that sell Afro-centric food, clothes, jewelry, and other products.

The purpose of our Black History Month Celebration is not only to celebrate Black History Month, but also to recognize the achievements and culture of African Americans and increase the cultural awareness of both residents and visitors of Brevard County and surrounding areas.

It is a good time to explore and experience the Afro-centric arts and crafts, cuisine, culture and entertainment. It is also our goal to help break down stereotypes and to help promote a community that extends open arms to others.

We would be very pleased and appreciative, if you would make an announcement in your churches, neighborhoods, community and school bulletins and/or place on display information in your businesses to help promote this event. There is a flyer/poster available at www.brevardparks.com/hthvm/events.

Please respond to this open letter by February 13, 2009. For more information, please contact me by E-mail at juanita.barton@brevardparks.com or 475 Williams Avenue, Titusville, Florida 32976 or 321-264-6595.

Sincerely,

Juanita V. Barton
 Cultural Center Coordinator

Quote of the Day

"An inexhaustible good nature is one of the most precious gifts of heaven, spreading itself like oil over the troubled sea of thought, and keeping the mind smooth and equable in the roughest weather." - Washington Irving

Sunshine Committee

Submitted by Barbara Powell



Space Coast Chapter mourns the passing of our beloved "Mom" and FEW "Sister" in membership, Mavis Timmons. Mavis passed away on January 21, 2009. She was a member who was always available to support the chapter and it's members in whatever they were involved. She enjoyed a great card game and succeeded in winning more than losing. Burial was in Starks, Louisiana on Saturday, January 24, 2009 alongside her beloved husband. We were able to enjoy her company at the FEW Christmas party in December. A donation was made in her name to the Wuesthoff Brevard Hospice according to her wishes. A sympathy card was sent to the entire family. Mavis, Rest in Peace, you will be missed.

A sympathy card with our thoughts and prayers was sent to long time former member Sandy Gates in the passing of her mother.

Please contact me at 504-6086, or email me at noahsark@cfl.rr.com if you are aware of any of our members that need our thoughts and prayers, i.e. extended illnesses, hospital stays, or news that deserve our best wishes. I would especially like to get an accurate list of birthdays, so if your birthday has been omitted from the list below, please let me know.



Happy Birthday!

HAPPY BIRTHDAY TO:

Eva Coffman	2/2
Charmel Jones	2/8
Nancy Schuler	2/9
Delores Abraham	2/11
Joette Feeney	2/19
Becky Fasulo	2/23
Lee Furis	2/28

RECRUITING NEW MEMBERS

Becky Fasulo, VP for Membership

As Space Coast Chapter members, are we recruiting new members the way we should be? I don't think so! We have a great chapter and achieve so many things, we should have folks knocking on our door to join, but we don't. We need to start blowing our horn and telling our co-workers and friends the benefits of belonging to our chapter. We need to communicate what it means to belong. The clearer you are about the reasons for joining (like supporting the mission, getting involved, taking advantage of opportunities for development), the more successful you will be as a recruiter. Don't assume that people know about FEW or that FEW is looking for new members. Many people still think that you have to be employed by the Federal Government to be a member – FEW is open to anyone that supports our mission of advancement of women in the workforce.

Think about why you joined and why you remain a member – tell people this! Invite them to come to our next function. Our annual training program is approaching, which is attended by a majority of non-members. Make it a personal goal to talk to at least one person on the value of membership and invite them to the Membership Drive meeting that will be held later in March. A flyer will be included in the program with the details. Don't stop with just an invitation that day; make a follow up call with a reminder of the meeting. Then make your guest feel welcome!

If I can be of assistance or should you have any questions or concerns regarding membership, please contact Becky Fasulo, VP for Space Coast Chapter Membership by e-mail at beckyjf@yahoo.com or fewvpmco@yahoo.com or by phone at 636-8525.

CONGRATULATIONS!

Submitted by Marlene Satterthwaite

The Space Coast Chapter is proud to report that Jean Grenville is the recipient of the 2009 Southeast Region MARTHA LYLE SCHOLARSHIP to attend the Regional Training Program in Atlanta, Georgia, February 19-20, 2009. Additionally, Jean won the FEW Foundation for Education and Training Scholarship, which covers her tuition/registration for this training program. Way to go, Jean!

The Space Coast Chapter has awarded the Chapter JANE EITEL SCHOLARSHIP to Sandra Getter. The winner will attend this year's SE Regional Training Program in Atlanta, GA where registration, travel cost, per diem, and hotel stay (based on room-sharing) are covered by the scholarship. Congratulations, Sandra!

Keep in mind to apply for these scholarships next year when this opportunity comes around.

SE Regional Scholarship to the NTP in Orlando, FL

Submitted by Marlene Satterthwaite

The Southeast Regional is offering a scholarship to attend the National Training Program being held July 20-24, 2009, in Orlando, Florida, at the Orlando World Center Marriott Resort. The Southeast Regional scholarship application was sent to the membership in a January 14 email. If you misplaced and would like it resent, please email Marlene at mbsatt44@aol.com

The Qualified applicants must:

1. Be a regular member of FEW for at least one year.
2. Be an active member, participating in meetings, programs, etc., as an officer, committee chair or member, or in the organization of a chapter; or a member-at-large who actively supports or participates in FEW activities.

3. Not been an NTP scholarship recipient in the past three years.

This scholarship will cover actual expenses incurred during attendance at the NTP up to a total of \$1,500.00. Covered expenses include tuition out of pocket for full registration, hotel room, transportation and meals up to the government daily per diem. Receipts must be provided at the conclusion of the training to the Treasurer of the Southeast Region for reimbursement. If the scholarship recipient has never attended an NTP, a mentor will be named to assist the scholarship recipient in the NTP process, i.e., choosing workshops, locating rooms, etc.

Deadline for receipt of applications is February 28, 2009.

Applications should be mailed to:

**Mary Lou Andres
121 Gofton Court
Louisville, KY 40229-3425**

**Marlene Satterthwaite
4261 Woodhall Circle
Viera, FL 32955**

**Jessie Hooper
1775 Mt. Tom Road
Marietta, OH 45750**

PROGRAMS

FEW DIVERSITY PROGRAM

When? February 5 at 5:00 p.m.

Where? Kay's BBQ at 1552 West King Street (SR 520)

RSVP to Teresa Jean Piastuch by e-mail at biteleja@bellsouth.net or by phone 321 536-9473.

Annual Training Seminar

Submitted by Barbara Powell

"Keys to Success"
2009 Career Development Program
March 4 and 5, 2009
Holiday Inn in Cocoa Beach Oceanfront
Resort, FL

We're moving ahead rather swiftly now in preparation for the 2009 Career Development Program. You should be considering your choices of the workshops that you want to participate in. An in-depth description of the subject matter can be seen on our website at <http://www.ksc.nasa.gov/groups/few/>. The cost is \$109.00 for this training that will provide you with information to put you in a Win-Win situation in the workplace.

Regional Training Program (RTP) Atlanta Updates

Submitted by Marlene Satterthwaite

Updates and changes have been made.....we were able to find cheap airfares to Atlanta and thus save on a one extra night hotel stay and the cost of renting a van/gas, etc.

Most of us are flying in to Atlanta on February 18 and departing on February 21.

- Barbara Powell (SE Assistant Regional Manager)
- Jean Grenville (Martha Lyle Scholarship Winner/SE Regional Sec)
- Vickie Hall (SE Regional Compliance Chair)
- Connie Dobrin (SE Regional Nominations/Elections Committee)
- Marlene Satterthwaite (SE Regional Awards Committee)
- Teresa Piastuch (Chapter V-President for Programs)
- Karin Biega (National FEW Board Member and funded by National Board)
- Becky Fasulo (National FEW Board Member and funded b National Board)
- Sandra Getter (Jane Eitel Scholarship Winner)

The RTP will be February 18 – 20th, with NBOD meetings starting on Friday, Feb.

20th. The schedule currently is a regional meeting the afternoon of Feb. 18th, a full day of training on Feb. 19th, and a half-day (morning session) on Feb. 20th. National Board Meeting will begin on Friday and possibly run through Saturday.

COMMUNITY OUTREACH

Submitted by Vickie Hall

The January newsletter had an article on the Salvation Army Stocking Stuffing Project. Here are a few more pictures from that event submitted by Sandra Getter. Again, thanks to all who helped purchase items, fill stockings, gather, drive and deliver and to Sandra Getter and Angel Solorio - Couldn't have done it without you!





February is American Heart Month

From the CDC Web Site

Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2008, an estimated 770,000 Americans will have a new coronary attack, and about 430,000 will have a recurrent attack. About every 26 seconds, an American will have a coronary event, and about one every minute will die from one.

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart

attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future. For more information on heart disease and stroke, visit [CDC's Division for Heart Disease and Stroke Prevention](http://www.cdc.gov/heartdisease/).



How to Keep that New Year's Resolution to Lose Weight

Source: Lauren Zander, Handel Group
(www.handelgroup.com)

Submitted by Karin Biega

The holidays and all that eating, drinking and making merry seem a distant memory -- and, for many, the pants are still tight, despite the resolution that come January you'd get it under control. Dropping excess pounds is a popular resolution, but it can be hard to keep your promise to yourself as the days and weeks slip by. Though fear of failure and feelings of deprivation trip up many folks, this time it *can* be different, according to life coach and regular *Daily Health News* contributor Lauren Zander, cofounder of the Handel Group. By following the method with which she has led hundreds of clients to permanent weight loss, you, too, can be successful.

First, though, don't waste energy looking back and being mad at yourself for gobbling goodies and gaining weight. "Think of the holidays as a vacation when you made a choice to enjoy the festivities and not worry about the pounds," says Lauren. This clears your mind of lingering guilt and opens the way for a fresh start. It's still January, after all. Use your energy now to make a heartfelt resolution to fulfill your dream of losing weight, whether your goal is six pounds or 60. Make it a commitment and let's get started, says Lauren.

FIRST STEPS

The first activity is to review your past dieting attempts. *The goal:* To uncover what

made them a success and ultimately what led to failure. Write down what kept you winning that particular battle, including the attitude and circumstances, your approach to food and to maintaining the restrictions you had set for yourself. Even if in the aggregate your last weight loss attempts were not considered a success, think of those moments when you did feel successful... the days you felt more energetic... the pride of pushing back from the table with food left on your plate because you had had "a gracious plenty." Now, recall and review your thoughts on the reasons you didn't succeed. "We all have our own blueprint for success and failure, a personal statement of dieting style," says Lauren. People rationalize past failures with a wild collection of excuses -- it got too hard... I couldn't help it... I can't deny myself that long... certain foods just call to me... I didn't get enough support. As you ferret out your excuses, watch out for anything that sounds like guilt or a pity party (e.g., "I'm just always going to be overweight"), says Lauren. Instead, "find your best real excuses that 'explain' why you fell off... then 'tell on yourself' with humor."

IT'S YOUR HAND ON THE FOOD

The truth is, the surprising reason why people succeed or fail at dieting has nothing to do with food. "It's not the diet, it's you," says Lauren. Success or failure is a direct result of an internal struggle between two antagonists within your head -- the commitment you made to keep your promises and your justifications for giving into the "gimmees." "Self-control is not a trait that some people are naturally blessed with and given at birth," says Lauren. "Self-control shows a mature willingness to take responsibility for managing the goals you want to achieve." Managing life always means following certain rules -- when you cook, for instance, you know cleaning up afterward is part of the deal and you don't get upset about that. There are rules that help you manage your caloric intake exactly like the ones you use for managing any other area of your life, but this is an area where many lose their maturity. "People complain about being too heavy, while acting as if they have no idea how the cupcake got into their mouth," says Lauren. "Instead of acknowledging that their hand put it there, they will say they are 'bad' at dieting." What

they're bad at, in fact, is managing their decisions so they can keep their promises to themselves.

HOW TO GET THERE

Here are the specific steps Lauren recommends for owning the control you really do have over losing your excess weight and keeping it off...

- With love and a sense of humor, identify your petty excuses, what Lauren calls the "whines." "We all have whines such as 'I can't worry about food when I'm so busy.'" These reveal your pet theories or excuses about why you can't be a success at dieting.
- Listen to the internal conversations that keep you stuck and prevent you from going deeper to find the truth behind the excuses. Perhaps you tell yourself, "It's okay if I eat a donut because I had a long day and I'm tired," when the real story is "I am saying it is okay to eat a donut because I am lonely." Make it a personal challenge to identify and refuse to accept superficial excuses for failure. At the same time, remind yourself of how bad you will feel about yourself and your body five minutes after you swallow the donut. Taking control of the food that enters your mouth is not only about the food, it is about your perception of control over all areas of your life.
- Identify your triggers for falling off the diet wagon -- and have a plan to deal with them. If a fight with your boss or your spouse drives you to the refrigerator, know that, own that and brainstorm ahead of time -- *before* it happens -- how you'll deal with your distress. Late-night TV watching can be a trap -- what can you do to overcome temptation to snack while watching the *Late Show with David Letterman*, say?
- Determine, commit to and follow the diet that works best for you. All diets basically are protein, low carbs, fruits

and vegetables, but find one that has the focus you like -- for example, a lot of protein... powdered drinks... three balanced meals a day... someone delivering meals to you. Most diets also have add-ons you can negotiate, such as how many drinks or sweets you are allowed each week, or if you need to eat breakfast or not. By deciding what best suits your needs, you can fashion your preferred dieting style.

- Join forces with a diet buddy. Lauren points out that dieting with someone else makes you immediately accountable. You can decide together what the consequences will be for taking a wrong turn from the path you have decided to follow in tandem.

Once you have become truly committed to managing how you eat, you have started a practice that is more spiritual *and* more interesting than just letting foods end up in your mouth. The commitment is a deep emotional experience that enriches your personal development and maturity, says Lauren. The donut may taste awesome for a minute or two... but an apple comes with the delicious emotional gift of knowing you have at last put yourself in charge.

GO RED FOR WOMEN

Join with millions of women, as well as companies, organizations and cities across America on National Wear Red Day, Friday, Feb. 6, 2009. By wearing red and making a donation, you'll help the American Heart Association support ongoing research and education about women and heart disease.

Choose to move, not sit. Choose to eat baked, not fried. Choose to breathe, not smoke. Because when you make simple choices like these, you're making the life-saving choice to beat the number one killer of women. Let's all start showing our hearts some love and beat heart disease. Visit go.heart.org or call 1-888-AHA-2222



BAXLEY MANOR

Submitted by Sandra Getter

The 20th of February has been designated as delivery day for Baxley Manor. For those of you that are not familiar with Baxley Manor, the people we serve there are mostly elderly or disabled. I am sure that all of you recognize that we are in hard times and these people for the most part survive on food stamps. Food stamps do not cover anything of a personal nature and we try to fill that gap. We hope that you can help by making any small donation that you can. Any help that you can give monetarily or otherwise will be greatly appreciated. The monetary contributions that you make are used to buy food and personal items for these residents. My mail code is NE-E8. Thanks so much for making a difference!!

I am coordinating the contribution for Baxley Manor here on Center with the help of some other very kind ladies. Valarie Franklin in O&C 1020, Sandy Eliason in LCC 4P23, Jan Hall in the Logistics Building 2610A, Carol Moore HQ 3490, Ana Contreras HQ 3531F and Charmel Jones O&C 1073M2 can take your contributions and items. I am in EDL 2134 and can coordinate a pick up from you if you call or email me. For those of you who are off Center, please call Aneta Ott or myself to arrange for pickup of any items you would like to donate. Perhaps we could arrange for a pickup point in Merritt Island near Baxley Manor on Delivery Day.

Here is the list...suggestions [Needed Items](#)
[Food Items](#)

Small cans of vegetables & fruits

Jell-O & pudding snacks

Graham crackers, Saltine crackers

Any meat or meal in a can with the flip top lid...

Lunchmeats, tuna, Spam, chicken, Vienna sausage, ham, deviled ham, Sardines, beef stew

[Personal Items](#)

Paper products: Q-tips, facial tissue & toilet tissue (packages of 4 rolls)

Toothbrush, toothpaste, mouthwash

Hand lotion, hair spray, mousse or gel, comb/brush

Razor, Nail files, clippers, Socks, stockings, earrings
 Reading material such as books or magazines
 Thanks again for your support of this worthy cause.

Christmas Card Recycling

Submitted by Karin Biega

Now the holidays are over and we've put away the decorations, if you have trouble throwing out all the beautiful cards you received, here's an idea to share them with others.

Several groups take these cards and use them in a variety of ways: decoration, TO/FROM labels, collages, etc. What they need are only those cards with no writing on back of the front cover. You can cut/tear the card in half and mail to the following:

Christmas cards only to: Hospice of Health First, 1900 Diary Road, West Melbourne, FL 32904, 952-0494.
 They use the cards to decorate trees at Melbourne Square Mall.

Other places taking all types of cards:
 American Legion Post 1 Auxiliary, 1281 N US 1, Titusville, FL 32726, 269-9959

HAPPY VALENTINE'S DAY!

From Wikipedia, the free encyclopedia

Valentine's Day or Saint Valentine's Day is a holiday celebrated on February 14 by many people throughout the world. In the West, it is the traditional day on which lovers express their love for each other by sending Valentine's cards, presenting flowers, or offering confectionery. The holiday is named after two among the numerous Early Christian martyrs named Valentine. The day became associated with romantic love in the circle of Geoffrey Chaucer in the High Middle Ages, when the tradition of courtly love flourished.

An alternative theory from Belarus states that the holiday originates from the story of Saint Valentine, who upon rejection by his mistress was so heartbroken that he took a knife to his chest and sent her his still-beating heart as a token of his undying love for her. Hence, heart-shaped cards are now sent as a tribute to his overwhelming passion and suffering. ^[1]

The day is most closely associated with the mutual exchange of love notes in the form of "valentines." Modern Valentine symbols include the heart-shaped outline, doves, and the figure of the winged Cupid. Since the 19th century, handwritten notes have largely given way to mass-produced greeting cards. The sending of Valentines was a fashion in nineteenth-century Great Britain, and, in 1847, Esther Howland developed a successful business in her Worcester, Massachusetts home with hand-made Valentine cards based on British models. The popularity of Valentine cards in 19th-century America was a harbinger of the future commercialization of holidays in the United States. ^[3]

The U.S. Greeting Card Association estimates that approximately one billion valentines are sent each year worldwide, making the day the second largest card-sending holiday of the year behind Christmas. The association estimates that women purchase approximately 85 percent of all valentines.

**Roses are red,
 Violets are blue
 FEW is looking for you!
 You'll learn about Compliance and
 Legislation.
 FEW will give you opportunities for
 Education.
 Networking and Friendship are a plus
 One and all, we invite you to join us!**



Newsletter

Jean Grenville & Karin Biega

This monthly publication is a means of sharing information and ideas with members

and friends. Please send your news articles or items of interest to Jean Grenville at jeangrenville@aol.com and Karin Biega at Karin@bocabanana.com by the last Monday of each month. Please feel free to share this newsletter with others. If you are interested in joining this vital organization, go to www.few.org and join on-line.

Calendar of Events

February

Black History Month

5	February Program Meeting, Kay's BBQ/Cocoa
6	Go Red for Women
9	ATP Mtg – Karin Biega's Condo
14	Happy Valentine's Day
18 – 20	RTP 2009 – Atlanta, Georgia
20 – 21	FEW National Board Meeting
20	Delivery to Baxley Manor
23	March Newsletter articles due
28	Black History Month Celebration

March

Women's History Month

March 4-5	ATP 2009 – Cocoa Beach, FL
March 17	St. Patrick's Day
TBD	Annual Membership Meeting, Holiday Inn, Cocoa Beach

TBD	Delivery to Baxley Manor
30	April News Articles Due

Future

July 20-24 NTP 2009 – Orlando, FL

SPACE COAST CHAPTER, FEW 2008 - 2010 Officers and Committees

Chapter

President	Marlene Satterthwaite
VP for Programs	Teresa Jean Piastuch
VP for Membership	Becky Fasulo
Treasurer	Johanna Velasquez
Secretary	Cassandra Getter
Nominations Officer	Aneta Ott
Immediate. Past President	Sandra Eliason
Compliance	Connie Dobrin
Diversity	Charlotte Becker
Legislative	Connie Dobrin
Annual Training Program	Past Presidents Task Force, Vickie Hall, Lead
Finance	Karin Biega
Scholarships	Joette Feeney
Newsletter Editor	J. Grenville/K. Biega
Parliamentarian	Clara Anderson
Environmental	Martha Carroll
Community Outreach	Vickie Hall/Ana Contreras
Sunshine	Barbara Powell
Historian	Muzette Fiander
Webmaster	Debbie Ward

Regional

Nominations	Connie Dobrin
Awards	Marlene Satterthwaite
Secretary	Jean Grenville

National

VP for Mbrship & Chapters	Becky Fasulo
Bylaws & Resolutions	Karin Biega
2009 NTP Finance Chair	Clara Anderson